



National Nutrient Database for Standard Reference
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Statistics Report 03693, Babyfood, cereal, oatmeal, with honey, prepared with whole milk

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	74.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Energy	kJ	481	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	5.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	3.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Ash	g	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	15.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Minerals													
Calcium, Ca	mg	289	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	11.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Phosphorus, P	mg	198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Zinc, Zn	mg	0.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Copper, Cu	mg	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamins													
Thiamin	mg	0.487	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	6.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	0.514	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-6	mg	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Lipids													
Amino Acids													
Other													